



PREPARATION: 15 MINUTES

COOKING: 20 MINUTES

6 SERVINGS

CREAMY SKILLET CASSEROLE

INGREDIENTS

2 cups dry short pasta
2 tablespoons olive oil
1 ½ cups onion, diced
3 cups frozen mixed vegetables
2 cups cooked chicken, cubed
2 teaspoons Italian seasoning
2 teaspoons garlic powder
Ground pepper

Sauce

1 cup 15% cream*
½ cup no salt chicken broth
2 tablespoons onion powder
3 tablespoons parmesan
cheese, grated

* Choose cream without phosphate additives

PREPARATION

- 1 Cook the pasta according to package instructions.
- 2 In a large non-stick skillet, heat oil over medium and cook onion for 7 minutes. Add frozen vegetables and cook for 5 minutes, stirring occasionally.
- 3 Add chicken, herbs, garlic powder, and pepper. Cook for 5 more minutes, stirring.
- 4 In the meantime, in a small saucepan, combine all sauce ingredients, and bring to a boil. Set aside.
- 5 Add the cooked pasta to the skillet and combine with chicken and vegetables. Add the sauce and stir to combine. Reheat over medium heat and serve.

Nutrient Analysis

Per serving: ⅙ of recipe

Calories	418 Kcal
Protein	22 g
Carbohydrates	44 g
Fibre	6 g
Sugars	0 g
Total Fat	17 g
Saturated Fat	6 g
Cholesterol	64 mg
Sodium	177 mg
Potassium	566 mg
Phosphorus	268 mg